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SPORTS MEDICINE
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Joint Replacement

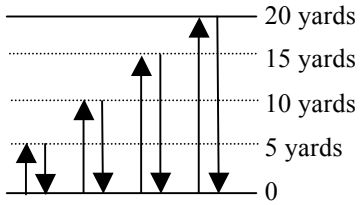
Agility Program

The following exercises are not to be attempted until your Doctor or PT/AT progresses you from the Form running program
You should begin at about 25% effort and progress to full effort over a period of 4-6 weeks

1) Warm-up
Spend three minutes performing a combination of forward, back and side shuffles to get loose

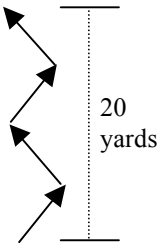
2) Stretching
Do stretches as prescribed

3) Forward Gassers Do ____
Run Forward 5 yards, backwards 5 yards, forward 10, back 10 up to 20 yards

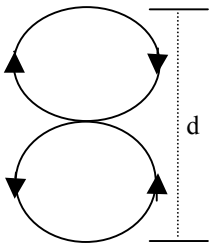


4) Side Gassers Do ____
As above for 4) except do side shuffles

5) Zig Zags Do ____
Start jogging about 5 steps to the right, cut and push off the outside foot towards the left, continuing in a zig-zag pattern over about 20 yards. Do not "round off" on the cuts



6) Figure 8's Do ____
Start with large figure "8"s (d = 10 yards) and tighten them up as you get more confident (down to d = 5 yards)



7) Wall Jumps Do_____for _____secs
Stand approx 12 inches from a wall. Jump straight up with arms raised above head when landing immediately jump up again repeat for above seconds. Knees should be soft.

8) Forward Hop (two legged) Do ___
Taking off and landing on both feet jump forward a controllable distance. Land in a crouched position controlling the movement of your knees and hold the landing for 3 seconds. Repeat for 30 yards.

8) Forward Hop Zig Zag (two legged) Do____
Same form as above just zig-zag your jumps. Repeat for 30 yards.

9) Depth Jumps (two legged) Do____
Step forward onto a 6 to 8 inch step. Step through with non stepping leg and land in front of step on both legs in a crouched position.

10) 180's (two legged) Do____
Starting in a crouched position, jump off two legs, turning in the air 180 degrees and landing on two legs facing in the opposite direction.

11) Lateral Barrier Hops Do____
Jump from side to side over a 6-8 in barrier, taking off and landing on two feet.

12) Ice after the above program 15-20 mins.

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